

## A B S T R A C T

A runner for a motor vehicle seat, said runner comprising a fixed rail and a moving rail, a latch and an  
5 actuating element. Retaining device for retaining the  
actuating element are adapted to co-operate with  
longitudinal indexing system on the fixed rail so as  
firstly to hold the actuating element in the unlocking  
position over at least one predetermined range of  
10 longitudinal positions, and secondly to allow the  
actuating element to move into the locking position  
outside the at least one predetermined range of  
longitudinal positions.